Good Words of Welcome,

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Single Stream Recycling Page 15 **Sekon everyone and Happy May!** Pack up the snow boots and put away the winter parkas. The sun is warm, shining and bright, the birds are singing and summer has finally come to Akwesasne. As we get ready to dust off our lacrosse sticks, plant our gardens and welcome the longer days of summer, let's not forget to keep our minds clear and positive and our community clean and healthy.

The Tribe, in cooperation with the Tribal Environment Division, is once again sponsoring our annual Spring cleanup. Keep your cleanup dates and schedule (page 14) in mind as this is an important service and resource for our community and all Akwesasronon. Let's work together to make and keep Akwesasne beautiful.

I have been very busy with our tribal youth athletic programs this year. With our tribe's strong tradition of volunteerism, I am currently serving as a volunteer for the Soaring Eagles Volleyball Club. This program provides important benefits for more than 50 girls between the ages of six and twelve. These young ladies are learning about teamwork, training, dedication, fitness and how to engage in a healthy and positive activity that promotes friendships and self esteem, both on and off the court. Because programs and activities for girls of this age range are limited, I feel that it is important and my responsibility as a community leader to support and encourage this type of opportunity for our young Mohawk women.

The fresh air of summer is great motivation for keeping both our minds and bodies active and healthy. I have been working closely with our tribal Healthy Heart Program to encourage our community members to get outside, get moving and get healthy! May is High Blood Pressure Awareness month and the Healthy Heart Program will be hosting a Health Awareness Day on May 27 from 10:00 a.m. – 12:00 p.m. in the Tribal Building lobby. Also, the Program is gearing up for the 7 Miles for 7 Generations walk on June 13.

Come on out and support the Healthy Heart Program and any other healthy outdoor activity that encourages family participation!

Niawen - St. Regis Mohawk Tribal Sub-Chief

Stacy Adams



Financial Management Skills Training

For Akwesasne Business Managers and Owners



Five workshops to help you build skills for your existing business

- I. Creating Value for your Business through a better understanding of "Financial Management" Understand how sources of real value are created. May 26, register by May 22
- **II. Managing Cash Flow Cycles** Use cash flow forecasts to optimize the amount of cash to be held and identify short term financing requirements. May 28, register by May 22
- **III. Capital Budgeting** Understand why capital budgeting analysis is critical to creating value within financial management. June 2, register by May 29.
- **IV. Financial Planning and Forecasting -** Understand how the Operating Plan and the Financial Plan support the Strategic Plan. June 4, register by May 29
- V. Evaluating Your Business Financial Performance Understand how detail ratios help monitor specific financial conditions. June 9, register by June 5

All Attendees will be eligible to win a laptop.

Evenings from 6 to 9 PM - Class size limited to 15 students
Thompson Memorial Wellness Center
196 Rita Lane, Kawehnoke-Cornwall Island
To Register: Ohwistha Capital Corporation 613.933.6500



Sponsored By:







JOM Program Activities

By Michelle Smoke

VIEW at Penn State University

Visit In Engineering Weekend (VIEW) is a weekend-long program for current high school sophomores and juniors. Penn State University hosts the program through it's Office of Engineering Diversity - Multicultural Engineering Program. The VIEW program is designed to nurture interest in engineering.

Local students from Massena Central School and Salmon River Central School participated in the program from Onerahtokha / April 2nd through the 5th. Students participated in a collaborative team building competition. The object was to design and build a boat that was the most efficient and fastest moving, would hold the most crunch berries, and to make it inexpensive.

CONGRATULATIONS to our inspiring and aspiring engineers.

Front row: Kayla Thompson, James Pierce, Kody Arquette, Dale George-Conners, Chantel Thompson, Landon Sunday, and Kyle Burns.



Back row: Raymond Phillips, Casey Cole, and Andrew Terrance.

Summer Activities

4-H Camp Overlook

For ages 8-12. Students can choose 1 week to attend between July 6 and August 15. Limited funding available. Deadline: June 1, 2009.

Honor Roll Incentive

Overnight trip to Darien Lake, NY. Tentative date: July 22 & 23. Laptop giveaway: one for grades 7-8 and another for grades 9-12. To be eligible: Make honor roll, Attend Salmon or Massena, and have a tribal enrollment number.

Journey In Creativity - "Traditions in Metal"

Ages 15—19 from August 9th to 22nd. Oregon College

of Arts and Crafts in Portland, Oregon. JOM will cover transportation if selected. Deadline: June 3rd, 2009

Summer Program

For ages 6 to 13 from July 13th to Aug. 21st at the Generations Recreation Field. More information and registration will be available soon. Jobs posted for Recreational Director and Summer Youth Workers.

Generations Park and Recreation Field

Playground is open to everyone. To reserve field and/or pavilion, please contact Ann Bero at (518) 358-2272 ext 206.

Contact the JOM Office for more information or to register for any summer activities.

518.358.2272 ext 252

bYdbYdb\

Employment Resource Center To Open

By Steven B. Cook

he Akwesasne Employment Resource Center (AERC) will be opening to the public soon, offering a host of employment and training opportunities.

The following staff have been hired to assist individuals with job-seeking:

Linda Lalonde Colleen Nolan Hannah Lazare Ava Cole Leah Mitchell AAMB Consultant Facilitator Resource Coach Executive Assistant Receptionist

If you are unemployed, underemployed or seeking employment, you might want to plan on visiting the Akwesasne Employment Resource Center located at the four corners in Akwesasne, NY. The center will soon be opening to the public, with a grand opening ceremony scheduled to follow in early June 2009.

The establishment of the AERC is an example of our community pulling its resources together to address local employment issues and barriers.

-Steven B. Cook, Director Economic Development, SRMT

The AERC has been meeting with various employers in the area to identify any/all positions available which need to be filled. The center will have a database of all positions available from local employers in Akwesasne both Northern and Southern portions as well as those within New York State, Ontario and Quebec. "Employers are excited to have a means for finding skilled people which they didn't have access to before," said Linda Lalonde, Akwesasne Area Management Board consultant.

"Our first Job Finding Club meeting is scheduled for June 8th. We are recruiting clients who need that extra assistance or skills to secure employment such as resume writing, interview techniques, attitude, motivation among other things," announced Facilitator Colleen Nolan.





"It should also be noted that some financial support will be available to individuals seeking employment and for those individuals participating in the Job Finding Club," said Lalonde. "A Job Finding Club is a three week, intensive program where the center works with candidates to develop their job-finding skills and provide support services as needed on an individual basis. A Resource Coach is available in the new resource library for those individuals who have existing job search skills, but need to find hidden job markets and link up with employers in all sectors of the economy and at all levels of performance."

The AERC is here to meet the employment needs of the employer as well as the job seeker.

Dan Garrow, Employment Officer, Akwesasne Area Management Board



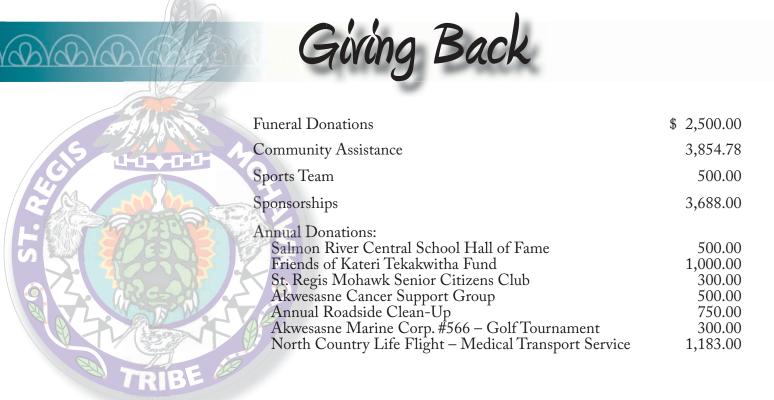


The AERC is a joint venture supported by the St. Regis Mohawk Tribe, Mohawk Council of Akwesasne, Akwesasne Area Management Board and the Mohawk Nation Council Of Chiefs.

If you or someone you know is looking for part time, full time, or seasonal employment, the AERC is the place to go.

The AERC center will be open from 8:00am – 5:00pm. Visit, call at 518-358-3047 or email at aerc@srmt-nsn.gov





On The Road

Chief Monica Jacobs, Sub-Chief Pam Brown, Human Services Director Jeff Whelan and other Leaders from Tribes located in New York State traveled to Menands, New York for a Tribal Consultation Meeting.

The meeting was hosted by the New York State Office of Child and Family Services to discuss federal representative updates and the coordination of services to Tribal Communities.

SRMT Kawenniios

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is published monthly by the
St. Regis Mohawk Tribe,
Public Information Office
412 State Route 37
Akwesasne, NY 13655
(518) 358-2272
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www.srmt-nsn.gov

Calendar

Onerahtóhko:wa/May

25th - Memorial Day Holiday - Tribal Offices and Transfer Station Closed

27th - Health Awareness Day - Community Building - 10 am to noon Land Dispute Ordinance Public Meeting - Community Building - 5 pm Spring Cleanup continues to Ohiarí:ha/June 5

Obiari:ha / June

6th - Annual Election and Referendum - Community Building - 9 am to 5 pm

9th - Social Security Administration - Tribal Clerks Office - 1:30 to 3:30 pm

13th - 7 Miles for 7 Generations Walk

21st - PBS Native American Series - 1 pm - The Last Conquistador

New Faces

Trudey Casselman Akwesasne Group Home

Ava M. Cole Akwesasne Employment Resource Center

Ian Cook Environment

Jodi Jackson Early Childhood Development

Frank Leaf Environment

Jodanna Logan IHS - Dental Clinic Stacee Loran Social Services

Leah K. Mitchell Akwesasne Employment Resource Center

Riccardo Najar Environment Robert Roundpoint Environment

Loretta K. Rourke IHS - Dental Clinic

Nikaiataa Skidders Akwesasne Group Home

Youth Worker
Executive Assistant
Forestry Laborer
Teacher Aide
Forestry Laborer
Dental Assistant
Preventive Caseworker

Receptionist Laborer

Forestry Laborer Dental Assistant

Youth Worker





- Administrative Assistant Akwesasne Group Home
- Summer Recreation Director Johnson O' Malley
- Summer Youth Workers Johnson O'Malley
- Gaming Positions Bartender, Beverage Server, Host Cashier, Food Server and Barback, Poker Dual Supervisors, Director of Finance, Food & Beverage Supervisor.

Current postings and complete job descriptions are available online at: www.srmt-nsn.gov





Higher Education

Submitted By Mark Jacobs

Mohawk Dartmouth Graduate Exhibits Art & Talent

Margaret E. Jacobs is a 2008 graduate of Dartmouth College and is presently employed as a Teacher's Assistant Intern in the Studio Art Department at Dartmouth College. She will be exhibiting her art work in the Jaffe-Friede and Strauss Galleries at The Hopkins Center for the Arts in Hanover,

New Hampshire as part of the annual Perspectives on Design (P.O.D.) award exhibition program from June 24 through September 7, 2009.

She is seen here with the Hiawatha flag the 2008 Dartmouth commencement College ceremonies. For the first time in school history, Native American graduates were honored by flying flags from their home territories. The timehonored tradition of flying

flags of the nations of the world to honor graduates from those nations included flags from 36 different Native American Tribal Nations. The flags will be stored by the college until another member of that particular nation is to be graduated.

Jacobs recently received a grant to attend the Vermont Studio Center Artist-in-Residency program for four weeks in December, 2009.

She was was recently interviewed as one of fiftyone "portrait sitters" by Spanish painter Felix de la Concha whose exhibit, Private Portraits/ Public Conversations, is now on display at the Hood Museum of Art at Dartmouth College. The Hood commissioned artist Félix de la Concha.

a native of Spain, to paint the portraits of fifty-one people from the Dartmouth and surrounding communities as part of the campus theme for 2008–10, "Conflict and Reconciliation."

An exhibit of her art was on display in the Burrows Rotunda at The Hopkins Center for Performing Arts on campus and at the Robert Lincoln Levy Gallery in Portsmouth, New Hampshire.



Margaret's artistic works include drawing, photography, and sculpture. Her present projects include making miniature sculptures and photographing them in various settings.

Margaret is the daughter of Mark & Elly Jacobs of Ogdensburg New York.



WIC NEWS

By Kim McElwain

Farmers Market Vendors Needed

The St. Regis Mohawk Tribe WIC Program is seeking individuals to sell locally-grown, fresh produce at an outdoor Farmers Market in Hogansburg-Akwesasne. To be held on Fridays from 12:30-4:30, July to September. Vendors must be willing to register with New York State and accept WIC and Seniors FMNP vouchers. Please call our office for more info and applications. SRMT Health Services WIC/Outreach 518-358-3141 extension 131.

Wellness Day Vendors Needed

The St. Regis Mohawk Tribe Wellness Day committee is looking for programs, businesses and individuals to provide informational tables, products, crafts and foods. Wellness Day will be held on August 6th, 2009 from 10 am to 5 pm at the First Americans IGA in Akwesasne. Call to reserve a table. SRMT Health Services WIC/Outreach 518-358-3141 ext. 131 or 133.

New 2009 Income Guidelines for WIC

| Household size | Annual | Monthly | Weekly |
|---------------------------------------|----------|---------|---------|
| 1 | \$20,036 | \$1,670 | \$386 |
| 2 | \$26,955 | \$2,247 | \$519 |
| 3 | \$33,874 | \$2,823 | \$652 |
| 4 | \$40,793 | \$3,400 | \$785 |
| 5 | \$47,712 | \$3,976 | \$918 |
| 6 | \$54,631 | \$4,553 | \$1,051 |
| 7 | \$61,550 | \$5,130 | \$1,184 |
| 8 | \$68,469 | \$5,706 | \$1,317 |
| For Each Additional Member add: | +\$6,919 | +\$577 | +\$134 |

Must show proof of New York State residential address to qualify. Utility bill, lease agreement, pay stub or mail with a current date addressed to applicant. Cannot be a PO Box.

Call now for an appointment. You do not have to reside in Akwesasne or be an enrolled Tribal member to apply for W.I.C. benefits.

St. Regis Mohawk Health Services 518-358-3141 ext. 133

Breast Pump Program

By Kim Lauzon McElwain

The St. Regis Health Service's Nutrition Program has received a grant from United Southern and Eastern Tribes (USET) for Medela Breast Pumps. The Nutrition Program submitted the grant because the

rates of breastfeeding had gone down from 72.9% to 59.7%. They felt that if new moms had access to breast pumps they would feel comfortable beginning and would breastfeeding and would breastfeed for a longer time period.

The American A c a d e m v of **Pediatrics** recommends exclusive breastfeeding the first six months of the infant's age (this means supplementation food with or formula) and up to at least one year of age with the addition of

appropriate age-related foods.

To be eligible to receive a pump, you must be referred by

health services at your initial pre-natal visit and make an appointment to meet with our breastfeeding counselor within your first trimester of pregnancy. Upon delivery of the infant, the eligible mom must once

> again meet the breastfeeding counselor to over breastfeeding education. When they are ready to begin pumping, they will then receive their breast pump and will only be required to complete a feeding routine questionnaire when the infant is six to nine months.

> The hope is that moms will understand the of importance breastfeeding and the education behind breastfeeding. They will also be informed on formula guidelines and the misconceptions

of formula use. The Nutrition Program hopes this will help increase the breastfeeding rates for our community.





Let Your Voice Be Heard Come Out and Vote

The St. Regis Mohawk Tribal Election will be held Saturday, Ohiari:ha / June 6, 2009 in the Community Building lobby from 9 am to 5 pm. The Election Board will present ballots for three elected positions and two referendum questions.

Official Candidates

- Tribal Chief 3 year term
 Mark Garrow and Dave Back
- Tribal Sub-Chief 3 year term Stacy Adams
- Tribal Clerk 3 year term Corleen Jackson-Jacco

Two Referendum Questions

- 1. Do you want Tribal Land Disputes to be decided by the Tribal Court?
- 2. Should the St. Regis Mohawk Tribe exit the National Grid System and form a Tribal Electrical Utility?

Eligibility of Voters

At the time of voting an eligible voter must:

- Be at least eighteen (18) years of age.
- Be an enrolled member of the St. Regis Mohawk Tribe.
- Reside in the United States or in the U.S. portion of Akwesasne for at least six (6) months prior to the election.
- Have their name on the most current eligible voters list.



Absentee Voting

Absentee ballots will be available for eligible voters beginning Onerahtóhko:wa/May 18, 2009 ending Ohiari:ha/June 3, 2009. Absentee ballots will not be mailed out after the end date. To vote by absentee ballot, please contact the Tribal Clerk's Office at 518-358-2272. For your vote to count, your application and ballots must be received by the election board by Ohiari:ha/June 6, 2009 at 12:00 p.m.

All Tribal Members planning to vote are reminded to bring valid photo identification: drivers license, tribal enrollment card, etc. Anyone unsure of their voting eligibility should check with the Tribal Clerk's Office at 518-358-2272 ext. 271 or 191. A voter's eligibility will not be determined the day of elections.

Any questions regarding elections should be directed to the Election Board. The current Election board members are Mark Martin, Betty Roundpoint, Christine Horn and Katrina Jacobs. They can be reached at 518–358–2272.



Gas, Electric, Solar or Blood, Sweat & Tears?

By Angela Benedict-Dunn

Well, it looks like those Onerahtokha/April showers are bringing Onerahtohko:wa/May flowers and grass too. I saw someone cutting their grass around the middle of Onerahtokha/April. And all I can say is "Oh no, pass the nasal spray." But that's another story. For now, I would like to talk about lawn mowers. If you are planning on purchasing a new lawn mower, you may want to think about the emissions that these mowers produce. With climate change being a big buzz word around the world, whatever we can do to reduce the amount of emissions we personally emit makes our environment better.

Gas Powered

Gas powered mowers account for probably 98% of the mowers out there in Akwesasne. First, let's talk about the emissions of these types of mowers. Whatever type you have, John Deere, Husqvarna, Toro, Sears or department store (Wal-Mart/Target), if it is gas powered then it emits carbon dioxide, volatile organic compounds and nitrogen oxides. These compounds contribute to smog. Smog is defined as a kind of air pollution that is acted on by sunlight to form secondary pollutants like ground

level ozone. Ground level ozone, nitrogen oxides and carbon monoxide are especially harmful to our elderly, our children and to anyone who is troubled with heart or lung conditions.

So now what can you do if you have one of these big polluters? Well, replacing your current mower is an option for some but if it is not for you then here are some things you can do to reduce your emissions and help protect the environment:

- Avoid spilling gasoline. Use an approved gas can that is easy for you to handle.
- Maintain your equipment. Change oil, replace filters, regular tune-ups, keep blades sharp and winterize.
- Reduce mowing time. Use low-maintenance turf grasses, plant trees or shrubs to reduce grass area

Electric

Electric mowers work well if you have a smaller lawn. They not only are quiet, but they produce no immediate emissions. Although they do create some pollution if you count the emissions at the electrical source. The only downfall is the constant tugging at the extension cord, and you want to be real careful you don't run it over and cut it up. That can get expensive, when you run over it often enough, patching it back up; sooner or later you'll end up with a two-foot-





long extension cord. Not to mention the possibility of getting zapped. Ariens® has also come up with an electric riding mower, but because it is new it is pricey and costs around \$3,300 at Home Depot. When the idea of having a riding electric mower takes off, they may become less expensive.

Battery Powered

There are also some battery powered mowers, but as with anything battery powered it needs to be charged. And after so long (between 1 yr and 2 yrs) the battery does not charge and a new one needs to be purchased. But investigating this one it was said that they have good power and can do up to ½ acre easily. Being battery powered it also is quiet and does not produce any local emissions.

Solar Powered

Solar Powered? Yes, there are solar powered lawn mowers out there. The only one I came across though was the Husqvarna Automower® Solar Hybrid. This mower is fully automatic and is partially powered by the sun. It looks neat; sort of robotic, but if you live by the river or a major highway I wonder if you would get more than a one-time mow with it. And for a cost of about \$2,600 is it really worth it? The idea is neat, especially for people like me that are so allergic to grass, "I wonder if living in a bubble during mowing season would help," it may be something that allows for independence.

Blood, Sweat & Tears

Of course, the greenest choice of all is the mower than runs on three square meals a day and a good exercise regimen: the venerable human-powered mower. I was surprised when I saw the ad for this one. It actually looks a lot different than I remember. Now it is called the Reel Mower and it is very light weight and easy to push. They cost around \$120-\$250 and they have fancy attachments like a basket to catch the grass clippings. I don't know how well this would work with a big lawn but the smaller ones would definitely do well and you could get some exercise too.

There is a lot of information here on different types and brands of mowers. Just to clarify, the SRMT air quality program is not endorsing any one brand or type of mower. We would just like to see people making good choices for themselves, their family and the next seven generations.

Owera' shon: a (The Winds)

The idea of this column is to promote clean air practices in each of our homes, in our personal behaviors throughout each day, in line with our Mohawk cultural value system. In no way is this column meant to be an indictment of anything that you choose to do. Instead, this is in place as a simple thought-provoking tool, to reveal some good ideas and some interesting notions.

Please present any comments, complaints, or questions to Angela Benedict-Dunn, Air Quality Manager or Ken Jock, Environment Division Director. We welcome your thoughts and opinions.





Welcome Day Day

The Air Quality Program of the Tribe's Environment Division welcomes Jade Gabri, a student at SUNY Environmental Science and Forestry, majoring in Natural Resource Management. Jade is working as an intern for the Tribe's Air Quality Program for the next two years.

Jade will be working under a grant received from the U. S. Environmental Protection Agency (USEPA) on the Mobile Source Outreach. This grant will send her out into the community to educate on how we can minimize our impact on our air quality through reducing our emissions from our own vehicles. She will also be conducting and education campaign for community members by using games, billboards and at community functions like Wellness Day.



Jade will be working for eight weeks this summer with the exception of a three-week period when she leaves for Russia on June 21 to study abroad at the White Sea Biological Station in the Arctic Circle. She will study invertebrates in the sea and will return to Akwesasne on July 10.

Spring Cleanup

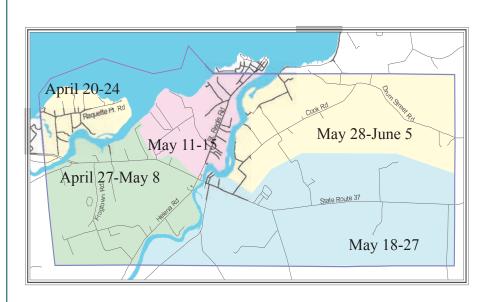
Locate your house and determine which area you live in.

Place your materials at the road two days prior to your area's collection dates.

The Tribe will pick up your materials during your area's collection dates.

The Tribe will not come back to collect materials if you put them out after your area has been collected.

Please call 358-5937 if you have any questions.



The Tribe Goes To

Single Stream Recycling

By Laura J. Weber, Solid Waste Manager

Beginning Onerahtohko:wa/May 1, the Tribe's solid waste program began processing the community's recyclables as a 'single stream'. Single stream means that all collected recyclables are mixed together at the Tribe's transfer station and then transported to a single stream processing center located near Geneva, NY. The commingled materials undergo a separation process at the center, are baled, and then shipped to various recycling markets. A good video link to learn more about the process can be seen here: http://www.goodcleantech.com/2009/01/single_stream_recycling_in_act.php.

Reducing operational costs is the primary reason why the change was made. There is a misconception that the Tribe makes money on their recyclables

through the sale of materials to recycling markets. The Tribe doesn't collect enough recyclables to sell their materials to recycling markets. The Tribe has been paying almost double of what it charges to recycle materials. Rather than increasing the recycling tip fees to the customers, the solid waste program desired to make operational changes order to reduce costs.

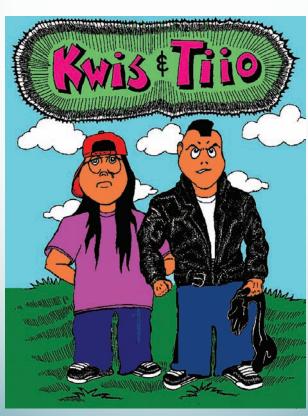
Although single stream recycling allows for community members to

collect their recyclables commingled, the Tribe's containers at the recycling depot are not designed to accept commingled materials. Community members using the recycling depot will still need to separate their glass, tin/aluminum containers, plastic bottles from their mixed paper and place in the appropriate containers. We realize that this takes away one of the benefits of single stream, namely collecting materials commingled together, but the containers weren't designed for this. The Tribe is researching modifications to the containers, which would allow for community members to mix all their recyclables together. We are asking for patience from the community as we work the details out.

For customers bringing their recyclables directly

to the Tribe's transfer station, they may bring them commingled together and will be charged the \$70/ton recycling tip fee. Customers will be asked to remove the materials from plastic bags prior to placing them on the tip floor.

The Tribe's solid waste program appreciates the opportunity of serving the community. We will continue to look for ways of minimizing costs while providing you with the same quality services that you are accustomed to receiving.



Reduce, Reuse, Recycle, Respect!



Showing in June: The Last Conquistador

Mountain Lake PBS
Native American series on
Ohiari:ha/June 21st
at 1:00 p.m.

Renowned sculptor John Houser has a dream — to build the world's tallest bronze equestrian statue for the city of El Paso, Texas. He envisions a stunning monument to Spanish conquistador Juan de Onate that will honor the

contributions Hispanic people made to building the American West. But as the project nears completion, troubles arise. Native Americans are outraged -- they remember Onate as the man who brought genocide to their land and sold their children into slavery.

As El Paso divides along lines of race and class, the artist must face the moral implications of his work.

St. Regis Mohawk Tribe 412 State Route 37 Akwesasne, NY 13655

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